



UT Military Family Life Consultant Program

Family Programs UT National Guard (J-1)

State Military Department



UT MFLC Mission

- We believe that if a person is seeking help we will do whatever it takes to make sure that they get the appropriate level of care regardless of status, branch, or component. The buck stops with us. We will not pass the buck on to someone else to find a solution. We will help find the appropriate solution according to the stated goals of the SM or service connected person reaching out.
- Our mission is to improve and/or maintain the mental health of the SM and their families so that the organization and its members can focus on their mission with confidence knowing that the health and wellbeing of themselves and their family is strong, resilient, prepared, and skillful to manage employment (civilian and military), family, and military duties with excellence.



UT MFLC Mission (Who We Serve)

- To provide no-cost counseling services to members of the United States Military (Army, Navy, Marines, Airforce, Coast Guard) (Active, Reserve, and National Guard) for the purpose of supporting the strength, resilience, and mental health of the SM and their families.
- This includes:
 - SM
 - Spouses (sometimes ex-spouses if appropriate)
 - Children (stepchildren)
 - Parents
 - Siblings
 - Nieces and nephews when appropriate



UT MFLC Mission (Who We Serve)

- The UT MFLC program provides essential services to many service connected individuals that do not qualify for services within the VA, Vet Center, and many other military focused providers
- By the Numbers:
 - 80 individual, couple, or family sessions per week
 - 150 “light touch” contacts with SM, spouses, siblings, parents etc. **per week**
 - At events such as Yellow Ribbon’s, TAG Symposium, Governors Day, we typically have contact with 200 service connected individuals who are seeking information about our services or have questions about military life/deployment cycle.



UT MFLC Mission (What We Do)

Provide mental health counseling services

- connect SM and families to services in the community,
- Support new SM and families adjust to military life
- Prepare SM and families for deployment cycle (pre, during, post, reintegration and beyond)
- Provide grief and loss support to all who were impacted by the death of a SM or SM spouse do to accident, suicide, combat, health complications etc.....
- Collaborate with educators to provide a full continuum of support



UT MFCLC Mission (What We Do) cont..

- [Suicide Prevention](#)
- [Effective Communication](#)
- [Conflict Resolution](#)
- [Relationship issues](#)
- [Deployment Cycle](#)
- [Grief and Loss](#)
- [PTSD](#) (Depending on the severity and complexity we may refer out to community resources if appropriate. However, if the person seeking services does not have other options we will provide the services needed)



UT MFLC Mission (Where)

- There are **4 Full-Time Master Level Clinicians** who provide services to all eligible members throughout Utah.
- Each team member has **access to DoD approved Telehealth services** to reach those seeking services that cannot travel or are too dispersed to make meet face-to-face.



UT MFLC Mission (How)

- Four fully licensed master level clinicians are certified and **trained in** the following **evidenced based modalities** to address suicidality, **suicide prevention, self-harming behaviors, trauma, anxiety, depression, interpersonal effectiveness, distress tolerance** etc.
 - Cognitive Behavioral Therapy (CBT)
 - Dialectical Behavioral Therapy (DBT)
 - Eye Movement Desensitization Reprocessing (EMDR)
 - Mind Body Bridging (MBB)
 - Trauma-Focused CBT (TF-CBT)
 - The Gottman Method (marriage and relationship)
 - Love and Logic (parenting)
 - 1-2-3 Magic (parenting)